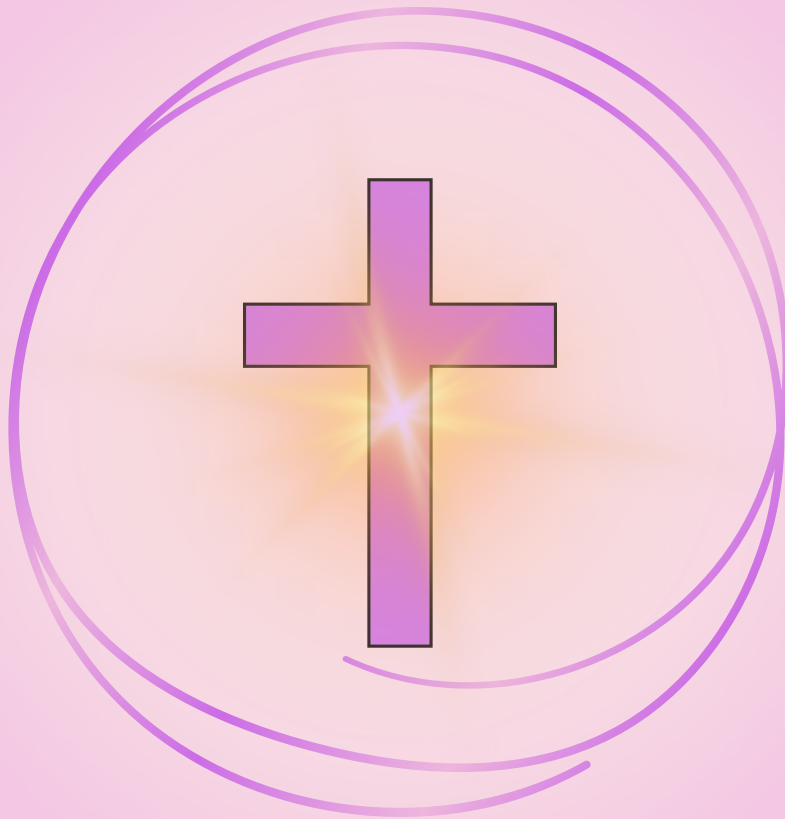


# Give It To God

Healing Affirmation Prayer Journal



I AM FEARFULLY AND  
WONDERFULLY MADE.  
PSALMS 139:14

Strength In Beauty has created this Healing Affirmation Prayer Journal for you to download and be able to access anytime of the day!

With 100 Positive “I Am” Affirmations you will start to see yourself transform from being stressed to blessed. Life is easier when you can just write it down and give it to God. Staying organized in your daily life is important because you can create a routine to break bad habits while creating healthy ones! ✨

In this digital notebook you will find weekly mental check ins, daily positive “I Am” affirmations along with a weekly planner to keep both your mental and physical life in order.

#GivingBeauty



*Strength In Beauty*

# G I V I N G B E A U T Y

Self-Control

Joy

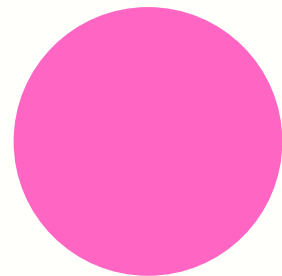
Love

Faith

Goodness

Patience

Gentleness



# Mental health check in

DATE \_\_\_\_\_

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

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WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

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MY RANKING OF MY MENTAL HEALTH THIS WEEK



# WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

TO DO LIST

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SUNDAY



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KEEP GOING!

# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM FEARFULLY AND WONDERFULLY MADE  
PSALMS 139:14







# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM A CHILD OF GOD



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM CHOSEN



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM FORGIVEN



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM ACCEPTED



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM HUMBLE



# Mental health check in

DATE \_\_\_\_\_

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

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WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

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MY RANKING OF MY MENTAL HEALTH THIS WEEK



# WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

TO DO LIST

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SUNDAY



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KEEP GOING!



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM GENTLE



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM FAITHFUL



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM LOVING



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM HAPPY



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM JOYFUL



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM THANKFUL



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM KIND



# Mental health check in

DATE \_\_\_\_\_

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

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WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

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MY RANKING OF MY MENTAL HEALTH THIS WEEK





# WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

TO DO LIST

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SUNDAY



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KEEP GOING!

# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM NOT WEARY



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM STRONG



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM FREE



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM HEALING



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM VALUABLE



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM SUFFICIENT IN GOD



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM RIGHTEOUS





# Mental health check in

DATE \_\_\_\_\_

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

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WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

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MY RANKING OF MY MENTAL HEALTH THIS WEEK



# WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

TO DO LIST

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SUNDAY



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KEEP GOING!

# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM FREE FROM CONDEMNATION



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM NEVER ALONE



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM FILLED WITH JOY



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM A CROWN OF BEAUTY





# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM BEAUTIFUL





# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM DESERVING



# Mental health check in

DATE \_\_\_\_\_

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

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WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

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MY RANKING OF MY MENTAL HEALTH THIS WEEK



# WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

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SUNDAY



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KEEP GOING!



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM CONFIDENT



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM PASSIONATELY LOVED



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM A NEW PERSON IN CHRIST



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM EXTRAORDINARILY





# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM PROVIDED FOR



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM COURAGEOUS



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM A CONQUEROR



# Mental health check in

DATE \_\_\_\_\_

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

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WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

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MY RANKING OF MY MENTAL HEALTH THIS WEEK



# WEEKLY PLANNER

MONDAY

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WEDNESDAY

THURSDAY


FRIDAY

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SUNDAY



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KEEP GOING!

# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM FEARLESS



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM PURE



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM PATIENT





# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM COVERED IN GOD'S ARMOR



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM ENOUGH



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM NOT ALONE



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM WRAPPED IN GOD'S ARMS



# Mental health check in

DATE \_\_\_\_\_

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

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WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

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MY RANKING OF MY MENTAL HEALTH THIS WEEK



# WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

TO DO LIST

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SUNDAY



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KEEP GOING!

# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM AT PEACE



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM ACCEPTED





# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM RESPECTED



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM ENTHUSIASTIC



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I AM GRATEFUL



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM LOVED



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM WORTHY



# Mental health check in

DATE \_\_\_\_\_

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

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WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

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MY RANKING OF MY MENTAL HEALTH THIS WEEK



# WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

TO DO LIST

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SUNDAY



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KEEP GOING!

# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM GRATEFUL FOR EACH BREATH GOD GIVES ME







# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM LOVED BY GOD





# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM CREATED IN GOD'S IMAGE



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM A NEW CREATION IN CHRIST



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM CAPABLE



# Mental health check in

DATE \_\_\_\_\_

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

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WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

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MY RANKING OF MY MENTAL HEALTH THIS WEEK



# WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

TO DO LIST

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SUNDAY



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KEEP GOING!



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM FREE FROM ANXIETY



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM FREE FROM DEPRESSION



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM HEALED



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM HOLY



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM EQUIPPED



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM SANCTIFIED



# Mental health check in

DATE \_\_\_\_\_

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

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WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

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MY RANKING OF MY MENTAL HEALTH THIS WEEK



# WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SATURDAY

TO DO LIST

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SUNDAY



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KEEP GOING!





# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM MADE NEW











# Mental health check in

DATE \_\_\_\_\_

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

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WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

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MY RANKING OF MY MENTAL HEALTH THIS WEEK



# WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

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SUNDAY



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KEEP GOING!





# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM SECURE





# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM SAVED



# DAILY AFFIRMATIONS; I AM

START EACH DAY WITH POSITIVE AFFIRMATIONS

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I AM THE LIGHT OF THE WORLD







# Mental health check in

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SUNDAY



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KEEP GOING!



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